



Day 1, Saturday, May 20
DASA Teachers' Training 2023
DASA Spiritual Retreat



West Schedule	East Schedule
7:00 am Opening conference call (dedication to Adesha) / Meditation #1 / Adesha's Visualization / coffee / break (90)	10:00 am Opening conference call (dedication to Adesha) / Meditation #1 / Adesha's Visualization / coffee / break (90)
8:30 am Adesha's lecture (not phone conference) (45)	11:30 am Adesha's lecture (not phone conference) (45)
9:15 am Mantra practice / Teaching practice / Discussion (90)	12:15 pm Mantra practice / Teaching practice / Discussion (90)
10:45 am Wellness break, Nourishment / Stretch, Movement (45)	1:45 pm Wellness break, Nourishment / Stretch, Movement (45)
11:30 am Meditation #2 / 5 min. break (30)	2:30 pm Meditation #2 / 5 min. break (30)
12:00 pm Conference call - Audio: Why Meditate (1 hr. 20 min / + Journal / Discussion (10)	3:00 pm Conference call - Audio: Why Meditate (1 hr. 20 min / + Journal / Discussion (10)
1:30 pm Meditation #3 / followed by Visualization / Option: This can be done later in the evening from home	4:30 pm Meditation #3 / followed by Visualization / Option: This can be done later in the evening from home



Day 2, Sunday, May 21

DASA Teachers' Training 2023

DASA Spiritual Retreat



West Schedule	East Schedule
7:00 am Opening conference call (dedication to Adesha) / Meditation #1 / Adesha's Visualization / coffee / break (90)	10:00 am Opening conference call (dedication to Adesha) / Meditation #1 / Adesha's Visualization / coffee / break / (90)
8:30 am Adesha's lecture (not phone conference) (45)	11:30 am Adesha's lecture (not phone conference) (45)
9:15 am Mantra practice / Teaching practice / Discussion (90)	12:15 pm Mantra practice / Teaching practice / Discussion (90)
10:45 am Wellness break, Nourishment / Stretch, Movement (45)	1:45 pm Wellness break, Nourishment / Stretch, Move (45)
11:30 am Meditation #2 / 5 min. break (30)	2:30 pm Meditation #2 / 5 min. break (30)
12:00 pm Conference call / Discussion: How to engage new students? Group discussion: What worked in the past and what has changed? (1 hr. Discussion / take notes)	3:00 pm Conference call / Discussion: How to engage new students? Group discussion: What worked in the past and what has changed? (1 hr. Discussion / take notes)
1:00 pm Meditation #3 / followed by Visualization / Option: This can be done later in the evening from home	4:00 pm Meditation #3 / followed by Visualization / Option: This can be done later in the evening from home